

Lumpkin County Senior Center
266 Mechanicsville Rd.
Dahlonega, GA 30533
706-864-2358

Tai Chi for Health

Angie Elmore, Certified Tai Chi Instructor

Benefits include improved flexibility, increased muscle strength, improved fitness and improved balance for fall prevention. Chairs will be used in this class to assist with balance as needed. Wear comfortable clothing that allows for movement.

Tai Chi for Beginners (1st 6 movements)

August 10 – September 14

6 week session - \$15.00 no drop-ins

Wednesdays 9 – 10am

Tai Chi – Advanced

(Beginners Class is a prerequisite)

August 10 – September 14

6 week session - \$15.00 no drop-ins

Wednesdays 10 – 11am

Tea, light refreshments and fellowship after each class